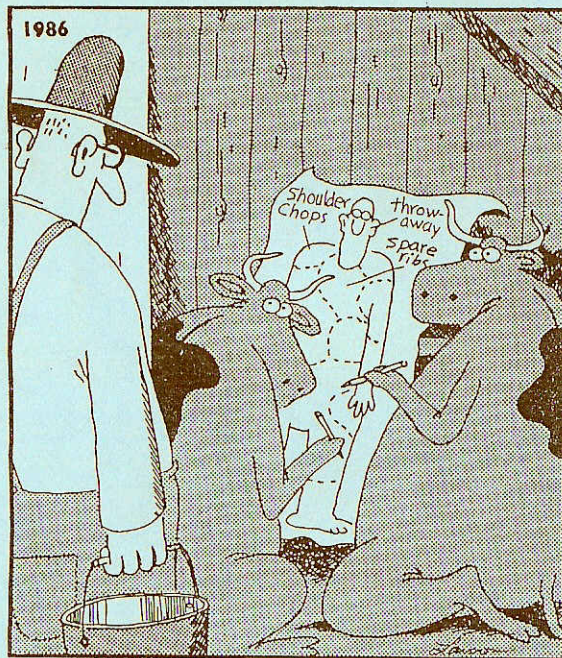


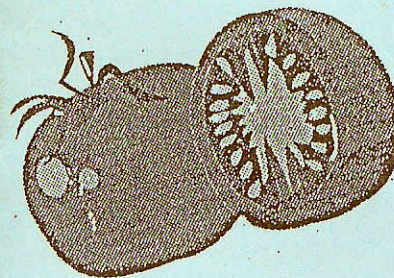
Non-violence leads  
to the highest ethics, which  
is the goal of all evolution.  
Until we stop harming  
all other living beings,  
we are still savages.

— THOMAS EDISON —  
HARPER'S MAGAZINE

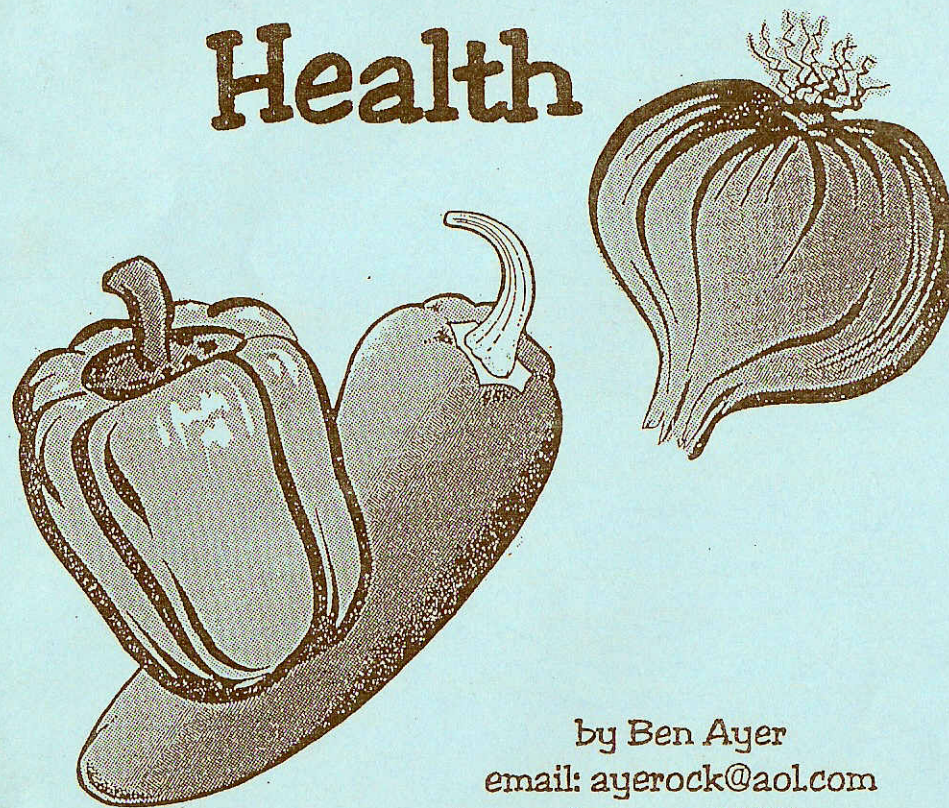


Farmer Brown froze in his tracks; the cows  
stared wide-eyed back at him. Somewhere,  
off in the distance, a dog barked.

Unless Media 2000  
Q



# Vegetarianism for Better Health



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January, 1999



## What is vegetarianism

A Vegetarian Is someone that does not eat meat (beef , fish , poultry and other animals). Vegetarianism may also include the belief that animals are not ours to wear, use for testing or own and abuse in any cruel way.

## What is a vegan

A Vegan the complete vegetarian (pronounced Vee-gun). A vegan is somone that does not use animals in any way. They do not eat meat or animal by products, such as milk, eggs and honey, or wear leather, down, wool, and silk or use any product that has been tested on animals.

## Why vegan?

Veganism, the extension of vegetarianism, is an integral component of a cruelty-free lifestyle. Living vegan provides numerous benefits: to animals and the quality of their lives, to the ecological integrity of our environment, and to ourselves, by protecting one's body from the dietary problems associated with consumption of animal products.

## Wouldn't I Starve?

For many people its hard to imagine what vegetarians or vegans eat. There are tons of meatless meals available and many vegans do not miss meat products. There are many cookbooks available for vegetarians. There are also many books on maintaining good health and nutrition. (Included at the end of this paper are a number of tasty recipes.)

## How do I make the switch ?

Whether becoming a vegetarian takes you a year or you do it all at once, the most important thing is to make it healthy and comfortable. You can do it step by step, such as not eating red meat and eggs, then chicken or milk. The easiest way is not to just eliminate meat but to add more variety, with healthier and tastier foods

## Vegetarianism to avoid disease

If your not worried about the diseases you can get from eating meat, you should be. Some of the diseases inside your burger are: e-coli, salmonella, camplobacter or other bacteria, Cholesterol and saturated fat in meat is also unhealthy. Food born diseases are responsible for 9,000 deaths yearly and cost up to 5.5 billion dollars health care costs a year, Nearly a million people die annually from heart disease. 500,000 million people die from cancer and studies show that low-fat vegetarian diets can reduce these problems by 30 -60 percent.

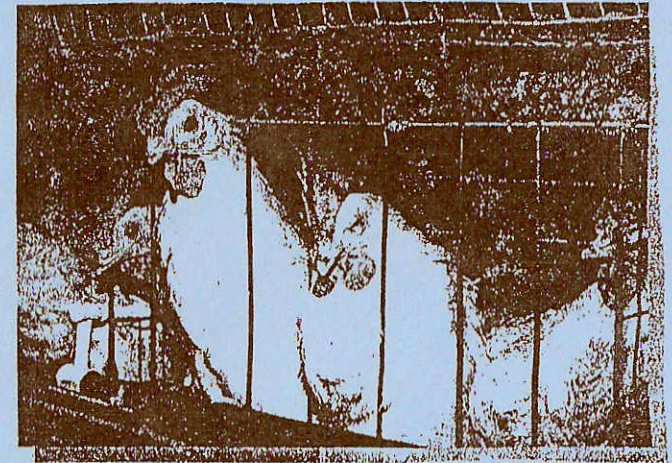
medium-low, cover, and simmer for 30 to 35 minutes, until the liquid is absorbed. Remove from heat and let sit for 10 minutes before serving.

Nutritional information per serving:

230 Calories (8% from fat), 6 g. protein, 47 g. Carbohydrate, 2 g. fat, 539 mg. sodium, 6 g. fiber.

Recipes by Erik Marcus, the author of *Vegan: The New Ethics of Eating*

Egg-laying  
hens live  
their lives in  
tiny cages  
among piles  
of feces.  
The hen on  
the right has  
had her eye  
poked out.



"Historically, man has expanded the reach of his ethical calculations, as ignorance and want have receded, first beyond family and tribe, later beyond religion, race, and nation. To bring other species more fully into the range of these decisions may seem unthinkable to moderate opinion now. One day, decades or centuries hence, it may seem no more than 'civilized' behavior requires."





food processor, blend the soup and tofu, in batches if necessary, until smooth. Add salt and pepper and serve  
Nutritional Information per serving of soup:

118 Calories (15% from fat) , 7 g. Protein, 18 g. Carbohydrate, 2 g. fat, 294 mg. Sodium, 3 g. fiber.

### **Millennium Mixed-Grain Pilaf**

Serves 6

We usually combine six grains in this hearty pilaf: basmati rice, wehani rice, and wild rice, and long with barley, black barley, and wheat or rye berries. All of these grains cook in about the same amount of time, although some are softer or firmer than others, leading to a diversity of texture. Try this pilaf with your own selection of grains.

- 1 yellow onion, finely diced
- 1 carrot, peeled and finely diced
- 2 stalks celery, finely diced
- 1/2 cup vegetable stock or water
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried marjoram or savory (optional)
- 1/4 teaspoon ground pepper
- 1 teaspoon sea salt
- 1/2 cup brown basmati rice or long-grain brown rice
- 1/2 cup barley
- 1/4 cup wild rice
- 1/4 cup red rice or wehani rice
- 1/4 cup wheat or rye berries
- 1/4 cup black barley, buckwheat groats, or grain of your choice
- 2 teaspoons Dijon mustard
- 2 teaspoons tamari soy sauce
- 4 cups water or light vegetable stock

In a medium, heavy saucepan, cook the onion, carrot, celery and stock over medium heat until the vegetables are just softened, about 5 minutes. Add the sage, thyme, marjoram, pepper, and salt. Add all grains and stir constantly for about 2 minutes to toast them. Add mustard, tamari, and water. Bring to a boil. Reduce heat to

Vegetarians are also at less risk for diabetes, stroke, high blood pressure, kidney stones, osteoporoses, obesity, and gallstones.

The Federal Government has recently introduced a number of ways of eliminating the bacteria carried by meat products. The USDA (United States Department of Agriculture) puts most of the responsibilities on the consumers. Should we trust the overworked slaughterhouse workers to follow stricter regulations? No. Nor do we have to trust the overworked USDA to throw out a bad chicken or even inspect it. Hopefully one day USDA will have enough recourses to resolve these problems.

The practice of foisting bad meat on an unsuspecting public has been going on for well over a hundred years. But recent advances in meat production were supposed to have markedly improved the situation last year. In January 1998, the USDA's Food Safety Inspection Service began implementing a high-tech Hazard Analysis and Critical Control Point (HACCP) program for improving food safety. Despite the significant advances of HACCP, the presence of the deadly E. coli 0157 bacteria in the meat supply appears to be growing. In the month of November alone, the amount of beef recalled for E-coli contamination exceeded the amount recalled during the entire year of 1995. A look at November's recalls shows a regulatory system in dire need of reform.

On November 5, 1998, IBP, the world's biggest beef producer, recalled an entire day's production, totaling 556 thousand pounds of beef, due to E. coli 0157 contamination. The USDA, typically a cheerleader for the meat industry, did its best to put a positive spin on matters. Margaret Glavin, acting administrator of USDA's Food Safety and Inspection Service, said "We are encouraged the company has taken immediate action to recall this product." The problem, however, is that by the time of the recall's announcement, IBP's contaminated beef had already been distributed in 14 states. We don't know what percentage of this beef was eaten by people before it could be recalled, but IBP's own press release says, "It is believed much of the ground beef has already been consumed."

Fifteen days later, government officials announced an even larger E. coli 0157 recall. This one, involving 601 thousand pounds of beef, was issued by Glenmark Industries of Chicago. Here the prospects of protecting consumers were even worse than with the IBP recall — the beef in question was produced back in June 1998, and 360 thousand pounds of the beef have already been sold to consumers. It's probable that most of this tainted beef had already been eaten, but the



USDA's Food Safety Inspection Service issued the recall anyway in the hopes of finding consumers "who may still have it in their freezers."

### **Vegetarianism to avoid cruelty to animals**

Many people become vegetarians because of the suffering to the animals raised and slaughtered for consumption. Modern-day farms are nothing like they used to be, 30 or more years ago. Today's farms are run like factories. The animals are treated like machines that convert low price fodder (food) to high price flesh, and the factories have no care for the welfare of the animals.

Many people are not aware that 95% of the millions of egg-laying chickens are kept in factory farms. A commonly used cage, a battery cage, for hens is 12 by 18 inches. In this horrible cage, the hen will spend most of its short and miserable life. The cages have no perches and are made of mesh wire to allow the feces to drop out the bottom. With no solid floor for the hens to scratch on, the hens' nails grow abnormally long and twisted. The nails can easily become tangled with the wire, in some cases causing the toe flesh to grow on the mesh. In addition to this, the lights in the battery cages are kept on 18 hours a day to encourage constant laying. Each hens' average laying time is an egg every 32 hours for 14 months. At the end of the 14 month, the hens are slaughtered.

I think the typical egg farm can be compared to a torture chamber, with no room for the hens to scratch the ground, build a nest, dust-bathe, stretch their wings or even move about. Every natural instinct is thwarted.

The inevitable stress arising in such wretched conditions causes the stronger birds to attack the weaker and with no way to escape, they can become victims of cannibalism. To end the cannibalism, the farmers cut off the hens' beaks with a hot knife and with no anesthetics. The beak is made up of horn, bone and sensitive tissue and is a vital part of the bird.

Pig is the most commonly eaten animal in the west. The pig is an intelligent social animal but this does not save it from these terrible sufferings. Pigs are kept in unsuitable, overcrowded conditions. Most of the pigs on factory farms respond by biting each others' tails and fighting. To remedy this problem, the farmers cut off the pigs' tails. That is one milder thing they do. Sows (adult female pigs) often spend years chained to the ground in stalls that are too small for them to turn around in. This causes them to gnaw on the bars of the stalls. This brings "porcine stress syndrome," described as extreme stress,

In a large non reactive saucepan, combine all the ingredients and bring to a boil. Reduce to a simmer and cook until the liquid reduces to a light syrup, about 15 minutes. Serve warm. Store in an airtight container in the refrigerator for up to 4 days.

### **No-Cream of Mushroom Soup**

Serves 6

Here is a very low-fat cream-style soup that can be as simple or as elegant as you want it to be. Low-fat silken tofu gives this soup its creamy texture. Add some cooked barley to the finished soup to serve as a light main meal. To make this a little richer, swirl in a bit of Cashew Sour Cream (this recipe appears on p. 175 of The Millennium Cookbook)

4 red onions, cut lengthwise into 1/2-inch-thick crescents  
2 teaspoons minced garlic  
1 cup dry red wine or nonalcoholic red wine  
2 teaspoons Sucanat or unrefined sugar (optional)  
2 pounds button or cremini mushrooms, sliced (try with fresh shiitake mushrooms mixed in)  
1 ounce dried porcine mushrooms, soaked in warm stock (optional)  
1/2 teaspoon dried sage  
1 teaspoon dried thyme  
1 teaspoon dried tarragon  
1/3 teaspoon ground nutmeg  
8 cups vegetable stock  
2 tablespoons tamari soy sauce  
1 tablespoon balsamic vinegar  
8 ounces low-fat silken tofu or low-fat firm tofu  
Sea salt and freshly ground pepper to taste

In a soup pot, combine the onions, garlic, wine, and Sucanat. Cook over medium heat, stirring often, until the onions are reddish brown, about 15 minutes. Add the mushrooms, including the porcine and their soaking liquid (except the very bottom where the sand and grit have accumulated). Stir and cook for 10 minutes. Add the herbs, nutmeg, and stock. Simmer the soup for 40 minutes. The mushrooms will be very soft. Add the tamari and vinegar. In a blender or



## Flaxseed-Apple Batter:

(The flaxseeds in the batter give this French Toast an eggy quality that's missing in a lot of vegan recipes.) Don't skip the compote; it's a perfect complement and easy to make, too.

1 tablespoon flaxseeds  
1/2 cup applesauce  
2 cups soy milk  
1/2 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
1/4 teaspoon sea salt  
8 thick slices whole-grain bread, stale or air-dried overnight  
1/4 cup oil (optional)  
Warm Apple Compote (see the following recipe)

To make the batter: Combine all of the ingredients into a blender and puree until smooth. Place in a large shallow bowl.

Dip 2 slices of bread at a time into the batter to coat evenly. In a large saute pan or skillet, cook the bread in the oil over medium heat on both sides until lightly brown. Or, cook the bread in a dry non stick pan. Repeat with the remaining bread. Serve 2 slices per serving with 1/2 cup of the apple compote.

Nutritional Information Per Serving:

(with oil) 343 Calories (50% from fat), 10 g Protein, 33 g.

Carbohydrate, 19 g. fat, 398 mg. Sodium, 7 g. Fiber.

(without oil) 217 Calories (21% from fat) 10 g. Protein, 33 g.

Carbohydrate, 5 g. Fat, 398 mg. Sodium, 7 g. Fiber.

## Warm Apple Compote

Makes 2 Cups

3 apples, peeled, cored, and cut into 1/2-inch-thick slices  
1 cup apple juice  
2 tablespoons maple syrup or Sucanat  
1 teaspoon minced orange zest  
1/4 teaspoon ground cloves  
1/4 teaspoon ground allspice  
1/2 teaspoon ground cinnamon  
2 teaspoons minced fresh ginger  
1/4 teaspoon ground pepper  
1/4 teaspoon sea salt.

with rigidity, blotchy skin, panting, anxiety and often death.

Veal, the baby calf, has it worse. Calves are kept in dark and tiny stalls for 16 weeks without enough room to even stand, and are fed a diet of no iron and zinc. This wreaks havoc on their system but keeps their flesh very pale and tender, as desired by the consumer.

Some people have heard about some of the cruelties that animals suffer, like dehorning and branding, but there are worse cruelties, such as castration. In the United States anesthetics are not normally used on farm animals; farmers pin down the animal, and using a knife slit the castron, exposing the testicles. Each testicle is grabbed, then twisted and pulled, breaking the cord that attaches it. This process is done to most young male cows to make them not as rambunctious.

Many non-vegetarians will say, Well, you eat vegetables. Don't you care for the vegetables that get killed?" So this is what to say back. Does a potato cry and holler and do everything in its power to avoid being killed, like a calf separated from its mother when its going to the slaughter house, just to please some peoples' taste buds? Animals have developed a nervous system to feel pain. It is easy to see the difference and we do not need tests to see if the pig or chicken is experiencing pain and suffering.

Also fruits and vegetables are not hurt from the picking of the fruit. Those include berries, melons, legumes, nuts seeds, pumpkins, squash, okras and many others. Potatoes are picked out of the ground after the plant is dead and most vegetables are harvested when fully grown and close to their natural death.

## Environmental reasons

How does being a vegetarian help the environment? Waste from cows on dairy farms can contaminate rivers, streams, lakes and ground water, posing health risks to humans and other animals who depend on the water. Waste from farm animals is greater than waste from chemical and paper mills.

Animal agriculture takes a devastating toll on the earth. It is an inefficient way of producing food, which uses up the vast majority of all grain grown in the US, as well as much of our water. This increased dependence on high yields of grain, exacerbates the problem of topsoil erosion on farmlands, rendering land less and less productive for crop cultivation. This also forces the conversion of more wilderness lands to grazing and farm lands. The disastrous effects of cattle ranching have degraded thousands of acres in every western state in the U. S.

The majority of cropland in the U.S. is devoted to growing



plants for animals to eat so that humans can eat the animals and their byproducts, such as milk. Another problem concerning water, is that runoff water from these croplands contains pesticides and also carries with it valuable topsoil. Devoting large amounts of arable land to feeding animals for a relatively small return of milk or meat is inefficient and cannot be sustained for much longer.

### Mental health considerations

In our society, vegetarianism is not considered the norm. Being a vegetarian can be difficult if some people in your family eat meat. They may not be as supportive as they could be so the vegetarian must be strong in their belief. This can be stressful when it comes to shopping, planning menus, cooking and at mealtimes. It is also more difficult to eat out in restaurants that do not offer a lot of vegetarian choices. One's parents might worry that their vegetarian child is not getting all the vitamins and nutrients they need, and the child might worry that the parents' diet is unhealthy and contains too much fat.

It can also be difficult for a vegetarian in their relationship with friends. The friends may not understand why you are a vegetarian. Eating at a friend's home can be hard because they may not have vegetarian choices, especially at a party where everyone else is not vegetarian. In these situations, you might not get all the nutrients you need for a balanced diet.

If you are not born into a family that is all vegetarian, it can be difficult to learn about what you need to eat to get protein, calcium, fat, and minerals and other things you need that you would have gotten from meat products.

### Conclusion

There are many good reasons to be a vegetarian. Many famous people in history have been vegetarians, including Buddha, Albert Einstein, Benjamin Franklin, Mohandas Gandhi, Sir Isaac Newton, Sir Thomas Moore, Socrates, George Bernard Shaw and William Shakespeare. By being a vegetarian, one can help stop abuse to animals, stop harm to our environment, help free up food and farmland for growing food for hungry people, and live a healthier and longer life. It is challenging to be vegetarian in a society that encourages eating meat, but the benefits outweigh the difficulties.

*The greatness of a nation  
and its moral progress  
can be judged by the way  
its animals are treated.*

— GANDHI —

THE MORAL BASIS OF VEGETARIANISM

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*It is my view that the  
vegetarian manner of living,  
by its purely physical effect  
on the human temperament,  
would most beneficially influence  
the lot of mankind.*

— ALBERT EINSTEIN —

letter to VEGETARIAN WATCH-TOWER

